


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>JANUARY 2015</h1> <p>FREDERICK SENIOR CENTER</p> <p>Special Meal-Jan.22-Fried Chicken, Mashed Potatoes, Apple Pie</p>				<p>1</p> <p>CLOSED</p> <p>New Year's Day</p>	<p>2</p> <p>9:30-S.Training 11:00-M&M Exercise 12:30-Canasta</p>	<p>3</p> <p>"There's A Doctor in The House" Jan.7 Nephrology-(Kidney) Dr. Anita Nahar Coming on Feb. 4</p>
<p>4</p> <p>FriendShipCafe Light fare Wed. & Thurs. 11:00-12:00, 12:30-1:00 Friday-11:00-1:00</p>	<p>5</p> <p>9:30-S.Training 11:00-M&M Exercise 12:30-<u>Blotter Bingo</u> 1:00- Open Painting Studio</p>	<p>6</p> <p>10:00-Blood Pressure 10:00-Mobile I&A 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-<u>Bingo</u></p>	<p>7</p> <p>9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinoch. 12:30-Zumba Gold* 1:30-Line Dancing*</p>	<p>8</p> <p>9:00-Quilting 9:00-Chinese/English 11:00-S.Training 12:15-Chair Yoga* 12:30-<u>"Being Fit While You Sit"/Mimi</u> 1:30-Knitting 1:30-Tai Chi*</p>	<p>9</p> <p>9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*</p> <p>*Trip-Baltimore Museum of Industry</p>	<p>10</p> <p>"Breast Cancer" Capital Women's Care Reservations are required-all programs begin with dinner,\$5.00, presentation</p>
<p><u>New:</u> 11</p> <p>Mondays, 1:00, Open Painting Studio If you have an interest in Art, bring your materials, work together, this is not a instructional class</p>	<p>12</p> <p>9:30-S.Training 11:00-M&M Exercise 12:30-Music by <u>"Who So Ever Will"</u> 1:00-Open Painting Studio</p>	<p>13</p> <p>11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-<u>Bingo</u></p>	<p>14</p> <p>9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochl. 12:30-Zumba Gold* 1:30-Line Dancing*</p>	<p>15</p> <p>9:00-Quilting 9:00-Chinese/English 11:00-S.Training 12:15-Chair Yoga* 12:30-<u>"Food Rumors, True and Untrue/Steve</u> 1:00-Bookmobile 1:30-Tai Chi*</p>	<p>16</p> <p>9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*</p>	<p>17</p> <p>immediately follows floor is then open for questions. Reservations 5 days in advance- 301-600-1048</p>
<p><u>Weather Related</u> 18</p> <p><u>Guidelines:</u> If schools are closed, the facility is open but ALL classes and meal program are cancelled! If schools are late, the Center is open and on time.</p>	<p>19</p> <p><u>CLOSED</u></p> <p>Martin Luther King Day</p>	<p>20</p> <p>11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-<u>Bingo</u></p>	<p>21</p> <p>9:00-S.Training 10:00-Rummikub 10:15-Comp.Dis.Group 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochl. 12:30-Zumba Gold* 1:30-Line Dancing*</p>	<p>22</p> <p>9:00-Quilting 9:00-Chinese/English 11:00-S.Training 11:00-<u>"Whole Grains"/1</u> 12:15-Chair Yoga* 12:30-<u>"Whole Grains"/2</u> 1:30-Knitting 1:30-Tai Chi*</p>	<p>23</p> <p>9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*</p>	<p>24</p> <p>Are you Crafty? Join <u>"Crafts With Cathy"</u> Jan. 8 11:00-Dining Room Make and Take!</p>
<p>25</p> <p>Please use your key card when entering the building if you are participating in any activity at the center</p>	<p>26</p> <p>9:30-S.Training 11:00-M&M Exercise 12:30-<u>Music with Harold Staley</u> 1:00-Open Painting Studio</p> <p>Australia Day</p>	<p>27</p> <p>11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-<u>Bingo</u></p>	<p>28</p> <p>9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*</p>	<p>29</p> <p>CENTER WILL BE CLOSED</p>	<p>30</p> <p>9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*</p> <p>*Trip-Smithsonian Your Way</p>	<p>On Jan. 22, a two part program is scheduled, Whole Grains-11:00 Lecture by Deb Rhoades Whole Grains-12:30-Cooking Demo by Kitty</p>